



1.877.2BE.Calm – Artist Biographies



John Barton

John Barton's twenty-eight books, chapbooks, and anthologies include *Polaris*, *Seminal: The Anthology of Canada's Gay-Male Poets*, *We Are Not Avatars: Essays, Memoirs, Manifestos*, and *The Essential Douglas LePan*, which won a 2020 eLit Award. His twelfth collection of poems, *Lost Family: A Memoir*, a book of sonnets, was published in September 2020 by Signal Editions. The Porcupine's Quill published *The Essential Derk Wynand* in November 2020. He lives in Victoria, where he is the city's fifth, first male, and first queer poet laureate.



Thérèse Bussières

Je demeure sur l'île de Vancouver, à Victoria, depuis près de 12 ans. Ma carrière d'enseignante m'a permis de profiter de ce coin de pays magnifique et inspirant. Cependant, je suis née et j'ai grandi à Québec. Septième d'une fratrie de huit frères et sœurs, l'autonomie m'a été enseignée très jeune. Ma mère, qui était une artiste multidisciplinaire incroyable, m'a éduquée dans un univers créatif. Ma curiosité et l'appel des arts ont tracé la voie vers différentes passions, l'écriture, la peinture, le dessin, la couture, le théâtre, la photographie... Jeune adulte, je me suis mise à la poésie. J'ai réalisé rapidement que toute forme d'art possède sa propre poésie. La pratique artistique m'a poussée vers la connaissance et l'expression de mon être véritable. C'est un souffle indispensable à ma vie.

La Création est le chef-d'œuvre poétique le plus grandiose! Et, nous en faisons partie, nous sommes donc tous des artistes!!

Originally from Québec City, I have been living in Victoria for the last 12 years. My career as a teacher has allowed me to enjoy this magnificent and inspiring part of the country.

I was born the seventh child of a family of eight, which taught me to become independent at a fairly young age. I was raised in a creative environment, thanks to my mother who was an incredible artist with multidisciplinary talents.

Nourished by an insatiable curiosity towards many artistic fields, I was able to explore diverse passions, such as writing, painting, drawing, sewing, theatre and photography... As a young adult, I started to compose poetry and quickly realized that all art forms contain their own poetry. The artistic process has allowed me to know myself and reach my true essence. Today this creative inspiration is essential to my life.

The masterpiece of any poetic inspiration is Creation itself! As parts of it, all of us are artists.



Kathryn Calder

Kathryn Calder is a musician, songwriter, and record label and studio owner based in Victoria. For the past 15 years, Kathryn has been recording and touring as a vocalist/keyboardist with indie rock group The New Pornographers. She has also released three solo records, five albums with Immaculate Machine, and one album with her latest project, Frontperson.

Composing musical scores for feature films has been another focus of Kathryn's in recent years, including 'A Matter of Time', a documentary about her mother's battle with ALS. Kathryn is the founder of Oscar St. Records, an artist-run boutique record label based on Vancouver Island. She also owns The Hive recording studio with her husband, producer/engineer Colin Stewart.

Calder is currently Chair of Victoria's Music Advisory Committee, tasked with researching and providing advice and direction to City Council and staff on the planning, development, and implementation of a Victoria Music Strategy. In July 2019, Calder was selected as Artist in Residence for the City of Victoria for a two-year term. Kathryn loves her hometown of Victoria and is dedicated to promoting the arts on the Island and in B.C.



Michael Cameron

Michael Cameron s'intéresse profondément au monde qui l'entoure. Quand il avait 18 ans, il a vécu avec une communauté indigène dans les Andes équatoriennes pendant un an, ce qui lui a laissé un besoin profond de réconcilier les façons de vivre du monde l'occidental et des modes de vie plus simples. Il exprime ses réflexions à travers l'écriture de chansons, l'écriture philosophique et parfois la poésie. Au cours des dernières années, il a partagé son art à travers les fissures entre la paternité et le service public; cherchant maintenant des moyens pour partager davantage.

Michael Cameron takes deep interest in the world around him. When he was 18, he lived with an indigenous community in the equatorial Andes for a year, leaving him with a deep need to reconcile ways of the West with more simple ways of living. He expresses his reflections through songwriting, philosophical writing, and sometimes poetry. Over the last decade, he has shared his art through the cracks between fatherhood and public service; now seeking ways to share more.



Matthew Cardinal

Matthew Cardinal is an Indigenous musician based in amiskwaciy (Edmonton, AB). He uses a variety of synthesizers and samplers to create melodic and delicate music that shifts from drones and lullabies to sparkling beats and walls of sound. Cardinal's debut album *Asterisms* is out now on Arts & Crafts.



Crystal Dorval

Crystal Dorval is a multimedia artist and has been creating experimental pop and meditative ambient music as White Poppy since 2012. Currently residing on Vancouver Island in a self-made tiny house, she draws inspiration from the surrounding nature and slow lifestyle. With a background in mental health and intuitive healing, her creative work is often a means to problem solve and explore new techniques to help alleviate stress, soothe the mind and nervous system and find healing through feeling and expression.



Michelle Gaucher

Dr. Michelle Gaucher is a licensed naturopathic doctor practising at Focus Health Clinic in Victoria, BC. She has a holistic health care approach, recognizing that health encompasses the mental, emotional, spiritual and physical aspects of an individual. Dr. Michelle has a passion for investigating and treating the root cause of illness and preventing disease. Her practice focuses include gut health, mental health, hormonal health & cardiovascular health. Outside of the clinic she enjoys both being active and relaxing in the beautiful surrounding nature.



Hale & Hearty

Hale & Hearty is a husband and wife duo made up of Rachel Capon and Eli Bender, with cellos and other stringed things.

Founded in Florida between a tide pool and a motel parking lot and forged into reality in a garage in Toronto, they now call Victoria, BC home.

Hale & Hearty are the self-styled floor fiddlers every F-hole lovin' audience is hunting for.



Normand Hébert

Normand Hébert collabore depuis quelques années à l'émission *Paysages littéraires* à l'antenne de Radio Victoria 107,9 FM. Il y partage ses découvertes, des œuvres d'auteurs/es d'ici et d'ailleurs.

Depuis 2009, ses textes de différents genres sont publiés dans le mensuel de la Société francophone de Victoria, *Le Réverbère*. Également, dans le magazine *L'Entr'âinés* de l'AFRACB (la voix des francophones de 50 ans et plus en Colombie-Britannique.)

Normand Hébert a grandi à Saint-Ours, entre la grande route et la Rivière Richelieu, un milieu semi-rural et pittoresque. Il a complété des études en sciences politiques à Toronto où il a enseigné le français, ainsi qu'à Montréal, pendant 15 ans. Par la suite, il choisira d'étudier en horticulture et adoptera le métier de jardinier-horticulteur pendant une trentaine d'années.

Ses lieux d'inspiration ne sont pas uniquement les jardins ordonnés, spontanés ou à l'abandon. Il aime explorer les zones industrielles historiques de Victoria. Là où la vie sous toutes ses formes, obstinément s'accroche, avec force et fragilité.

For the last few years, Normand Hébert has been a regular collaborator on 'Paysages littéraires', a literary program broadcast on Radio-Victoria 107.9 FM where he shares his discoveries of both local and international authors. His own literary works have been published in the Société francophone de

Victoria's monthly newsletter, *Le Réverbère* since 2009, and also in the magazine *L'Entr'âinés* (the voice of the 50 years and older francophone population in British Columbia.)

Normand grew up in Saint-Ours, a semi-rural and picturesque town in Southern Quebec, between the highway and the Richelieu River. After studying political science and teaching French in Toronto and Montreal for 15 years, he decided to turn to horticulture and became a gardener-horticulturist, a profession he embraced for around thirty years. Normand finds inspiration not only in cultivated, wild and abandoned gardens, he also likes to explore historic industrial areas of Victoria, where life in all its forms stubbornly clings with strength and fragility.



Shoko Inoue

Shoko Inoue lives in Victoria, Vancouver Island. She has performed in numerous places. She enjoys being in the great nature. Learn more at shokoinoue.com



Stefanie Miska

Stefanie Miska is a Doctor of Traditional Chinese Medicine, and a Registered Acupuncturist and Herbalist practicing in Victoria, British Columbia. She runs Focus Health Clinic and her practice is focused on reproductive health and perinatal support.



Adelyn Newman-Ting

Adelyn “Addy” Sophie Newman-Ting lives in Victoria, British Columbia with her mother, a schoolteacher, and her father, a master carver, professor and First Nations artist. She began to write *Finding the Language* at age 9 and finished it when she was 10. On her father’s side, she is Kwakwaka’wakw and Coast Salish, as well as English, Irish and Scottish. On her mother’s side, she is Chinese from Taiwan. Her Indigenous name is Kesugilakw meaning leader of people, and her Chinese name is Ting Li-Wen meaning pretty flower cloud. Addy enjoys dancing, baking, jump roping and singing. She is also an avid reader, writer and artist, who loves to spend time with her puppy Harriet. Addy has found the responsibility of being the first Indigenous UNESCO Voices of Future Generations Child Author, both challenging and rewarding and hopes that this book will raise awareness for the climate, and the importance of saving Indigenous languages and cultures.



Elder May Sam

May Sam was born in Malahat where she was raised by her father and aunt. Later in life, she moved to the Cowichan Valley. May learned knitting from her father, aunt and then later from her mother-in-law. She has been knitting for 60 years and within her work she tries to challenge herself with new designs and blending in colours. Her work has gone international, with her knitted bags being a big hit at the 2019 Indigenous Language Conference in Victoria. May is a highly respected Elder who is called upon by many people in community. She has done workshops with SD63, Camosun College, UVIC and the Esquimalt weaving group. It is an honour to have her talk with us about her family and her knitting for the 1-877-2BE- CALM project.



Dana Sipos

Dana Sipos is an acclaimed Canadian songwriter described as “delicate, slightly strange and completely mesmerizing” (Gold Flake Paint UK).” She inhabited the far north before going nomad and her captivatingly nuanced songs are filled with a wild wind and a haunting surrealism. She now resides among the old growth and wilds of Vancouver Island, British Columbia. Dana has facilitated songwriting workshops for youth in remote communities in northern Canada and is a participating artist with Carnegie Hall’s The Lullaby Project.

A consummate performer, Sipos toured extensively across North America, Europe and Australia in support of her 2018 album, *Trick of the Light*, nominated for English Songwriter of the Year at the Canadian Folk Music Awards. Sipos also has a knack for touring by alternative means - tall ship, bicycle and canoe. Her new album, *The Astral Plane*, out now on Roaring Girl Records and produced by Sandro Perri, explores the imprints of memory, cycles of grief and the deep connection between inherited trauma and the ecological crisis of our time. It has been lauded as “a mesmerizing jewel of an album (No Depression).”



Neko Smart

Neko Smart is the founder and former captain turned coach of the Vic High Slam Poetry Team. Her passion for performance was developed through an active role in her local theatre community, where she realized the importance of self-expression through the arts. In her position as the 2020 City of Victoria Youth Poet Laureate, her goal was to emphasize the importance of cultivating open dialogue about mental health in order to reduce stigma and increase safety, particularly in youth. Now, she plans to pursue this objective as she continues to develop her craft, and hopefully, inspire others to do the same.



Matt Stern

Matt Stern is known for infectious melodies, uplifting energy, and an ability to inspire a sense of community in a diverse crowd.

Born in Montreal and currently based on Vancouver Island, he has been a featured performer at the Campbell Bay Music Festival, twice at the Victoria French Festival, Canadian Music Week, POP Montreal, Enoshima Music Festival in Japan, the 1st World OutGames and on CBC's Home from the Vinyl Café.

Recently featured at the Festival d'été de Vancouver, he is slated to appear at the Jeux de la francophonie canadienne in summer 2022.

Praised by Radio-Canada International for promoting body positivity and diversity, Matt has received awards from the LA Film Awards & the KASHISH Film Festival in Mumbai for his original music videos. Published for *Precious and Sacred*, a book dedicated to Indigenous children, and featured twice on Queerty.com, Matt performs in Japanese, French, English and Spanish and has been featured in Exclaim!, Italy's Periodico Daily, and on Let's Go There (Channel Q) in Los Angeles. His music video You're Magic was picked up by Mtl Blog and went viral within 24 hours. Recently, his video Take It or Leave It, compiled during quarantine from clips submitted by fans, was picked up by Victoria Buzz and achieved the same result.

His new album, 'Take It or Leave It', was released in January 2020 on all platforms and its first music video, 'Full Moon', was screened at the Victoria Film Festival in February. That same week, the first single 'Don't Tell Me' was syndicated on CBC and picked up by shows across the country while French singles Dans mes rêves and Droit devant were broadcast on Radio-Canada. A recent feature in *Addicted Magazine* characterized Matt's new album as "beautiful music that makes you feel seen and safe."



James Summer

James Summer is the 2021 Youth Poet Laureate, he has been involved with the poetry community since 2017 when he joined Victoria High Schools slam poetry club. His poetry's content contains the most raw and passionate experiences he faces. Although hard to face, James hopes that it will connect with youth around him, and that they will feel heard just as he did when he was going through high school surrounded by poets.



Dylan Thomas

Qwul'thilum (Dylan Thomas) was born in Victoria in 1986, and is a Coast Salish artist from the Lyackson First Nation of Valdes Island. Although Dylan grew up in the urban environment of Victoria, he was exposed to Coast Salish art at a young age because his family continues to participate in their culture and tradition. This exposure ignited a lifelong passion for Coast Salish art and, eventually, led him to seek guidance from established artists. Dylan received training in jewelry techniques from the late Seletze (Delmar Johnnie) and apprenticed under Rande Cook in all mediums of the art. Dylan's artwork has been published in the *Journal of Mathematics and the Arts* (Taylor and Francis), and in *Contemporary Art on the Northwest Coast* by Karen & Ralph Norris. Dylan has been featured in many art shows across the continent, and in 2013 – alongside Rande Cook, lessLIE, and Francis Dick – was featured in the Art Gallery of Greater Victoria's Urban Thunderbirds/Ravens in a Material World art show. In 2016, Dylan held his first solo exhibit, *Sacred Geometry* at Alcheringa Gallery in Victoria. Along with Rande and Delmar, Dylan's other artistic influences have been the late Art Thompson, Susan Point and Robert Davidson.



Rachel Worth-Cappell

Rachel Worth-Cappell is a Doctor of Naturopathic Medicine in Victoria, BC. She has a BA in Philosophy from the College of Wooster and a Doctor of Naturopathy degree from the Canadian College of Naturopathic Medicine.

Working as a naturopathic doctor and teacher, she has clinical experience in the application of nutrition, acupuncture, herbal medicine, physical medicine, naturopathic counselling, and nature therapy.

Prior to her work as a naturopath, Rachel was a whitewater canoe guide working in remote Canadian wilderness; she carries the wisdom of the river forward in her practice, as

she aims to reconnect her patients to the awesome healing power of nature. At the core of her philosophy is the understanding that our bodies hold the capacity to heal themselves. Rachel works to support through a wholistic approach to gently guide you back to your own state of health and right relationship with the natural world.

You can find Rachel in Victoria at Sacred Grove Naturopathic, teaching workshops on nutrition, dreams, foraging or wilderness medicine courses through Wilderness Medical Associates. When she's not in the city, find her guiding on rivers around Vancouver Island and Ontario.



Alison Vardy

Alison Vardy has been pulling strings for 36 years. She now likes to hammer them as well (on the dulcimer) and also delights in torturing the accordion. She started lever (folk/celtic) harp while living in New Zealand and her first gig was for a hearing impaired society. Both audience and harpist survived the encounter. Alison carried on to many more performances, 3 solo harp CDs, lots of teaching, presenting and taking & giving workshops. She now lives in Cedar and is semi-retired from teaching and gigging. She is sole proprietor of West Coast Harps, a boutique instrument store

shipping harps and hammered dulcimers across Canada. Alison is happy to share her music, introduce a bit of levity and lightness for whoever cares to listen.